



Public Health Bulletin

Department of Health and Human Services

Volume 1, Issue 8

Data for August 1998

The mission of the City of Long Beach Department of Health and Human Services is to improve the quality of life of the citizens of Long Beach by addressing the public health and human service needs ensuring that the conditions affecting the public's health afford a healthy environment in which to live, work and play.

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The Danger Zone

Foodborne illness is a huge problem – at least six million people a year in the United States get sick from food. Foodborne illness can be caused by biological, chemical, or physical agents in food, but the greatest number of food poisonings are bacterial. Some of the more frequently seen food poisonings result from salmonella, staphylococcus and clostridium. Symptoms of these illnesses include vomiting, diarrhea, weakness, dehydration, fever, and chills. Some cases can even cause death in high risk individuals like the young, elderly, and immunocompromised.

Foodborne illness can be prevented through proper *handling* to prevent the *spread* of germs and proper *cooking* to *kill* the germs. You can help prevent foodborne illness by

1 Improper Cooling of Cooked Food

Germs grow in temperatures between 41°F and 140°F. This temperature range is called the food “danger zone.” Heated food should be cooled rapidly in two phases: 1) From at or above 140°F to 70°F within two hours, then 2) From 70°F to 41°F within four hours. It is important that food passes through the danger zone as quickly as possible.

2 Improper Thawing of Frozen Foods

Potentially hazardous foods should not be thawed at room temperature. Thaw foods using one of the following methods: a) In the refrigerator at 41°F or lower; b) In a microwave oven; c) Under cold running water; d) As part of the cooking process.

3 Storing Food Too Long

The longer a food sits around in the danger zone, the more time germs have to grow. Store food under refrigeration at 41°F in covered containers and always reheat food to 165°F. Food should not be reheated more than once!

4 Poor Hygiene Practices

Anytime you sneeze, cough, smoke, touch your hair or face, use the toilet, or touch raw animal products, WASH YOUR HANDS! Use warm water and soap and lather up your hands for 20 seconds. Rinse your hands with plenty of water and dry with disposable paper towels.

5 Improper Reheating

To be sure cooked food is properly reheated, heat food to 165°F. Stir foods constantly to make sure that the food is heating evenly.

6

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Communicable Disease Report

Selected Reportable Diseases for the City of Long Beach

Disease	Aug	Aug	YTD	YTD
AIDS	10	29	117	150
AMEBIASIS	1	0	8	8
CAMPYLOBACTERIOSIS	7	6	41	62
CHLAMYDIAL INFECTIONS	123	122	1033	968
GIARDIASIS	7	5	42	38
GONORRHEA	48	45	377	327
H. INFLUENZAE	0	0	3	4
HEPATITIS A	4	17	39	99
HEPATITIS B, acute	0	0	9	8
HEPATITIS C, acute	0	0	1	0
MEASLES	0	0	0	0
MENINGITIS, viral (aseptic)	17	1	61	15
MENINGOCOCCAL INFECTIONS	0	1	2	5
NON-GONOCOCCAL URETHRITIS (NGU)	9	10	130	143
PERTUSSIS	1	0	2	2
RUBELLA	0	0	0	0
SALMONELLOSIS	12	7	45	51
SHIGELLOSIS	10	17	30	42
SYPHILIS, primary and secondary	3	3	15	21
SYPHILIS, early latent (<1 year)	3	2	12	10
TUBERCULOSIS	2	12	33	76

The Danger Zone *(Continued from page 1)*

Cross Contamination

Cross contamination is the transfer of harmful organisms from one item of food to another by: hands or surfaces touching raw foods, and then touching cooked or ready-to-eat foods; using contaminated cleaning cloths and sponges to wipe food contact surfaces (cloths/sponges should be cleaned and sanitized between uses); and raw, drippy foods in direct contact with or dripping onto cooked or ready-to-eat foods. The best prevention is to wash your hands, and wash your cutting board, knife and other utensils between tasks.

7

Improper Cleaning

Use water that is 110-125°F. Cold water will not cut grease or work well with soaps and water that is too hot can burn you. Use a clean scrub brush and rinse it after each use (sponges and rags just smear dirt and germs!). Make sure your dishwasher is working properly. Always look at dishes, pots and utensils to make sure that they are clean.

8

Inadequate Cooking

Undercooked chicken, pork, ground beef and raw eggs can cause illness. Chicken should be cooked to 165°F – make sure it's not pink! Pork and ground beef should be cooked to 155°F. Eggs and foods

1998 SENIOR FLU CLINICS

*Sponsored by the Long Beach
Department of Health & Human Services*

Thursday, October 1, 1998
9:00 – 12:00 p.m.

NORTH FACILITIES CENTER

Houghton Park
6301 Myrtle Avenue
Long Beach, CA 90805

Tuesday, October 6, 1998
9:00 – 12:00 p.m.

EL DORADO PARK

2800 Studebaker Road
Long Beach, CA 90805

Thursday, October 8, 1998
9:00 – 12:00 p.m.

CENTRAL FACILITIES CENTER

King Park
1131 Rhea Street
Long Beach, CA 90806

Tuesday, October 13, 1998
9:00 – 12:00 p.m.

LONG BEACH SENIOR CENTER

1150 E. 4th Street
Long Beach, CA 90802

Thursday, October 15, 1998
9:00 – 12:00 p.m.

WEST FACILITIES CENTER

Admiral Kidd Park
2125 Santa Fe Avenue
Long Beach, CA 90810

Beginning October 19, 1998*

Monday – Friday
1:00 – 4:00 p.m.

HEALTH DEPARTMENT

WALK-IN CLINIC

2525 Grand Avenue
Long Beach, CA 90815

**until the vaccine is gone!*

✓ Pneumococcal Vaccine Will
Also Be Available

✓ There will be a \$2.00 donation
per immunization.



Questions?
(562) 570-4222

Health Department Phone Numbers

General Information
(562) 570-4000
www.ci.long-beach.ca.us/health

Alcohol/Drug Rehabilitation
(562) 570-4100

Animal Control Shelter
(562) 570-7387

Early Intervention Program/
HIV Testing/STD Clinic
(562) 570-4315

Environmental Health
(562) 570-4132

Immunizations/Walk-In Clinic
(562) 570-4222

Prenatal Clinic
(562) 570-4217

Senior Center
(562) 570-3531

Tobacco Education Program
(562) 570-8508

WIC Program
(562) 570-4242

The Public Health Bulletin is published as a public health service to interested City of Long Beach residents by the Department of Health and Human Services
2525 Grand Avenue
Long Beach, CA 90815
(562) 570-4000
www.ci.long-beach.ca.us/health

To be added or removed from the mailing list, please contact Meredith Delaney at (562) 570-4298 or email medelan@ci.long-beach.ca.us.

This information is available in an alternative format.

Data contained in this publication are considered provisional due to reporting delays.

AIDS Surveillance Program Data

City of Long Beach Data as of August 31, 1998

3,375 Total Long Beach City AIDS Cases	(2,097 deceased - 62% Mortality Rate)
3,366 Adult Cases	(2,092 deceased - 62% Mortality Rate)
9 Pediatric Cases	(5 deceased - 56% Mortality Rate)

AIDS Cases by Gender

	#	%
Male	3,203	95
Female	172	5

AIDS Cases by Race/Ethnicity

	#	%
White, Not Hispanic	2,193	65
Black, Not Hispanic	550	16
Hispanic	566	17
Asian/Pacific Islander	51	2
American Indian/Alaskan	8	<1
Unknown	7	<1

AIDS Cases by Exposure Category

	#	%
Male-to-Male Contact	2,605	77
Intravenous Drug Use	278	8
Male-to Male Contact and Intravenous Drug Use	263	8
Heterosexual Contact	110	3
Recipient of Blood/Blood Products Transfusion	26	<1
Hemophilia/Coagulation Disorder	11	<1
Mother at Risk (Perinatal Exposure)	8	<1
Risk Not Reported/Other	74	2

The Best Protection is Early Detection October is National Breast Cancer Awareness Month

- ♥ In 1998, an estimated 178,700 new cases of breast cancer will be diagnosed among women in the United States. Another 1,600 cases will be diagnosed among men.
- ♥ In 1998, there will be about 43,900 deaths from breast cancer in the United States.
- ♥ Breast cancer is the second leading cause of cancer death in women, second only to lung cancer. It is the leading cause of death among women aged 40 to 55.
- ♥ Risk factors for breast cancer include aging, family history, alcohol, smoking, and obesity.

For more information on breast cancer, contact the American Cancer Society at www.cancer.org or call 1-800-ACS-2345.












City of Long Beach
Department of Health and Human Services
2525 Grand Avenue, Room 201
Long Beach, CA 90815












Public Health Bulletin













Attention Health Care Providers










The California Code of Regulations, Title 17, Section 2500, requires the report of communicable diseases and conditions. To report a case of a communicable disease, contact the City of Long Beach Department of Health and Human Services Epidemiology Program at 562-570-4302 or by fax at 562-570-4374.









Reportable Communicable Diseases


AIDS
Amebiasis  FAX
Anisakiasis  FAX
Anthrax 
Babesiosis  FAX
Botulism 
Brucellosis
Campylobacteriosis  FAX
Chancroid
Chlamydial Infections
Cholera 
Ciguatera Fish Poisoning 
Coccidioidomycosis
Colorado Tick Fever  FAX
Conjunctivitis, Acute Infectious of the Newborn  FAX
Cryptosporidiosis  FAX

Cysticercosis
Dengue 
Diarrhea of the Newborn 
(Outbreaks)
Diphtheria 
Domoic Acid Poisoning 
Echinococcosis
Ehrlichiosis
Encephalitis  FAX
Escherichia coli O157:H7 
Foodborne Disease  FAX †
Giardiasis
Gonococcal Infections
Haemophilus Influenzae  FAX
Hantavirus Infections 
Hemolytic Uremic Syndrome 
Hepatitis, Viral  FAX
Kawasaki Syndrome
Legionellosis


Leprosy
Leptospirosis
Listeriosis  FAX
Lyme Disease
Lymphocytic Choriomeningitis  FAX
Malaria  FAX
Measles  FAX
Meningitis  FAX
Meningococcal Infections 
Mumps
Non-Gonococcal Urethritis
Paralytic Shellfish Poisoning 
Pelvic Inflammatory Disease
Pertussis (Whooping Cough)  FAX
Plague, Human or Animal 
Poliomyelitis, Paralytic  FAX
Psittacosis  FAX
Q Fever  FAX

Rabies, Human or Animal 
Relapsing Fever  FAX
Reye Syndrome
Rheumatic Fever, Acute
Rocky Mountain Spotted Fever
Rubella
Rubella Syndrome, Congenital
Salmonellosis  FAX
Scombroid Fish Poisoning 
Shigellosis  FAX
Streptococcal Infections  FAX
(Outbreaks of Any Type and Individual Cases in Food Handlers and Dairy Workers Only)
Swimmer's Itch  FAX
Syphilis  FAX
Tetanus
Toxic Shock Syndrome
Toxoplasmosis
Trichinosis  FAX

Tuberculosis  FAX
Tularemia
Typhoid Fever  FAX (Cases and Carriers)
Typhus Fever
Vibrio Infections  FAX
Viral Hemorrhagic Fevers 
~~Water-associated Disease~~  FAX
Yellow Fever 
Yersiniosis  FAX
OCCURRENCE of ANY UNUSUAL DISEASE
OUTBREAKS of ANY DISEASE 
Reportable Noncommunicable Diseases/Conditions
Alzheimer's Disease
Cancer
Disorders Characterized by Lapses of Consciousness

 FAX = Report by FAX, telephone, or mail within one (1) working day of identification.

† = Report immediately by telephone when two (2) or more cases or suspected cases of foodborne disease from separate households are suspected to have the same source of illness.

 = Report immediately by telephone.
All other diseases/conditions should be reported by FAX, telephone, or mail within seven (7) calendar days of identification.